

San Diego Faces of Health Care 2020

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At a time when health care is more important than ever, San Diegans can take comfort in knowing that their city is on the leading edge of medicine. San Diego is home to a wealth of medical experts at the forefront of their fields who pride themselves on providing superior care. Whether you're in need of a family doctor or a specialist, it's important to find a physician who's right for you. The following profiles serve as an introduction to the personalities, professionalism, and expertise of the preeminent doctors and dentists of San Diego.



Carmel Valley Facial Plastic Surgery

Facial Plastic Surgery

The search for the fountain of youth is over. It's been found by Dr. Amir Karam, a renowned San Diego facial plastic surgeon, whose expertise in the specialty of facial rejuvenation has earned him more than 20 awards for best plastic surgeon in the past 14 years. A respected author, international speaker and, above all, a passionate double-board-certified physician dedicated to his craft, Dr. Karam is highly regarded by his peers and patients from around the world, who travel to Carmel Valley Facial Plastic Surgery to put their faith and their face in his hands.

Offering a full menu of facial aesthetic and reconstructive treatments, state-of-the-art technology, and a holistic approach, Dr. Karam is highly sought after by patients seeking minimally invasive procedures with maximal outcomes.

"The practice is focused almost exclusively on facial rejuvenation—helping people who are in the process of aging restore their youthful look and preventing people in the early stages of aging from starting to look old," Dr. Karam says.

Through his pioneering work developing the Vertical Restore procedure, Dr. Karam revolutionized the facelift, defying gravity by vertically lifting the fascia under the skin in the neck, jawline, face, and outer brow. The restorative process, which was 10 years in the making, produces natural-looking results that leave patients feeling their absolute best—and looking as young as they feel. For people in the early stages of aging, the preventive Vertical Prevent procedure is an innovative intervention that virtually stops the clock on facial aging, keeping patients looking youthful and feeling confident.

"Appearance is very important to people's self-esteem and confidence," he says. "The natural process of aging negatively impacts these things. We make people feel good about themselves by keeping them looking on the outside as young as they feel on the inside—and that's incredibly rewarding."

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